

- 11:00 a.m. How to mill your own grain and make homemade healthy baked goods for your family Presenter: Sybil León | We will grind a variety of grains and prepare a dough. I will demonstrate mixing and shaping and will have pre-baked goods to sample. | Elementary through Older Adults.
- **12:00 p.m.** How to cook with a Ninja Foodi

  Presenter: Meaca Gardner | Show patrons how to simply cook with a Ninja Foodi. | 16 through Older Adults.
- 1:00 p.m. How to set up a worm farm for your garden

  Presenter: Kim Laru | I will discuss the benefits of vermiculture and demonstrate how to set one up the first time. | Elementary through Older Adults.
- 1:00 p.m. How to make the best choice for insurance and investing

  Presenter: Jimmy Lovett Jr. | Come learn about life insurance and investing. | 18 through
  Older Adults.
- **2:00 p.m.**How to create quick and easy scrapbook pages
  Presenter: Nancy Carstensen | A hands-on demonstration of simple and effective techniques to create easy and memorable scrapbook pages. | Adult and Older Adults.

